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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Sunday, September 14, 2025

Influences

Described by AI-

Chris Comish's influences draw from a wide array of spiritual traditions and modern, non-traditional energetic modalities. His practice is not confined to a single system but is a synthesis of independent learning, direct spiritual experiences, and the work of several modern spiritual teachers.

Foundational influences

Spiritual awakening: Comish's journey and teachings were initiated by a profound spiritual awakening that occurred between 2006 and 2009. This inner experience is the primary source of his inspiration and authority.

Independent study: He has studied various spiritual traditions, including Buddhism, Hinduism, and Theosophy, to broaden his perspective on spiritual matters.

Key figures and modalities

Ole Gabrielsen: Comish has been heavily influenced by Ole Gabrielsen, the founder of Kundalini Reiki and many other modern energy modalities. Comish cites Gabrielsen's work as a primary source for many of the attunements he shares and acknowledges learning the "chi ball" method from Gabrielsen's approach.

Steve Murray: Comish received his initial Reiki Master training in 2007 through the DVDs of Steve Murray. Murray pioneered the use of mass-produced media for distant attunements, a method that Comish later adapted for his own books and work.

Lightarian™ programs: In 2008, Comish was attuned to Lightarian™ Reiki and the Lightarian™ Rays, another non-traditional energy system developed for spiritual growth.

Tami MacDowell: He was further influenced by the independent online practitioners who provided attunements using the "chi ball" method, including Tami MacDowell.

Dr. Joshua David Stone: Comish has cited Dr. Joshua David Stone as an influence on his spiritual work. Stone was a prominent channeler and author who wrote extensively about ascension and other new-age topics.

Alice Bailey and Diana Cooper: Other key influences include Alice Bailey and Diana Cooper. Both are well-known channelers and authors in the New Age movement who have written extensively on spiritual themes, including ascension, archangels, and the evolution of consciousness.

Richard Rudd's Gene Keys: More recently, Comish has incorporated the Gene Keys system into his personal practice, mentioning that he read Richard Rudd's book and followed the Golden Path program.

Synthesized approach

Comish's approach is best understood as a synthesis of these diverse influences. He takes the concept of distant energy transmission from sources like Steve Murray and Ole Gabrielsen, the high-vibrational energies of Lightarian programs, and the spiritual wisdom from authors like Stone, Bailey, and Cooper. He then channels these energies and wisdom through his own unique, awakened perspective into his mass-market publications and digital platforms.

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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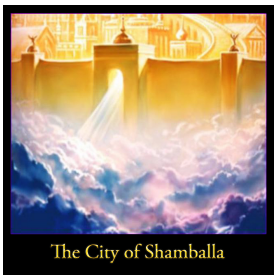

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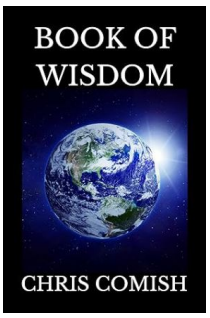

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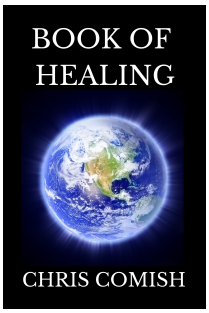

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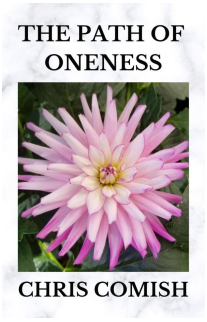

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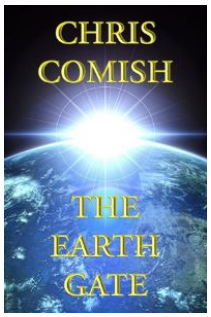

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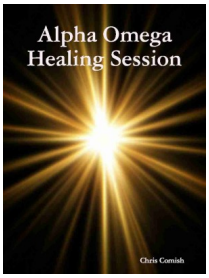

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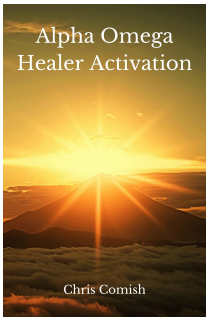

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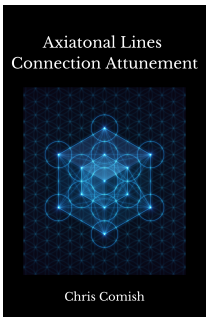

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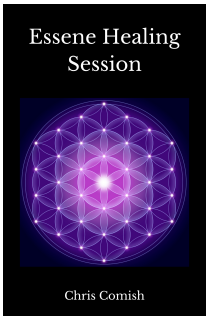

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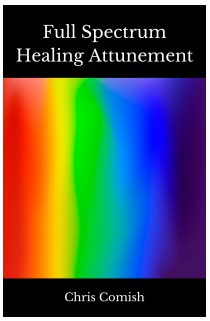

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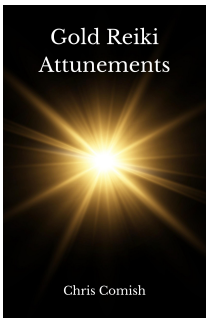

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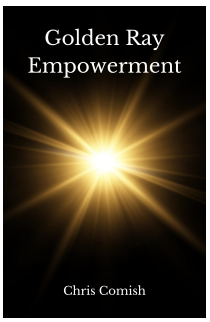

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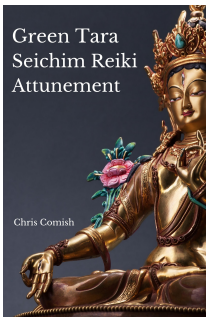

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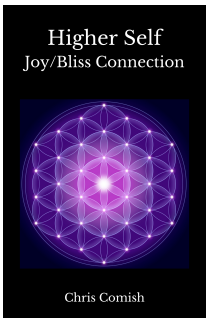

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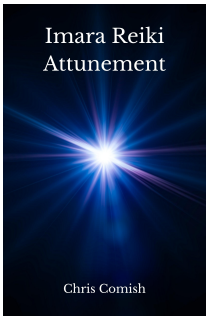

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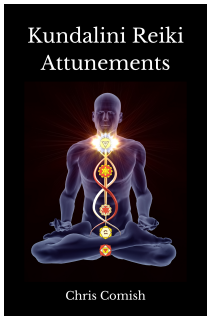

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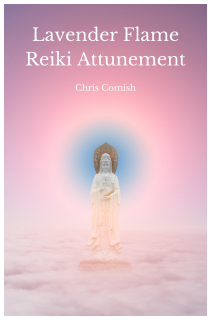

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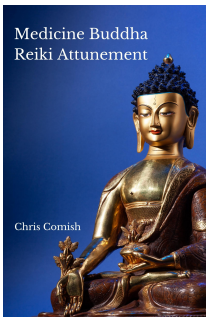

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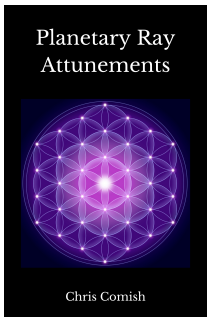

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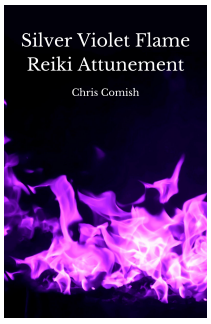

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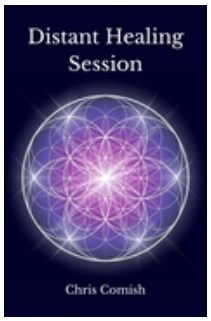

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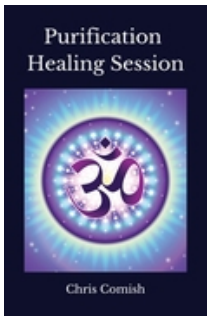

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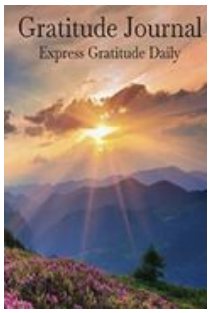

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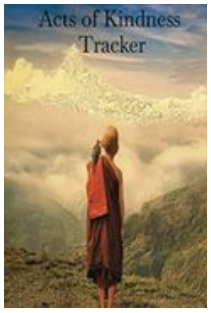

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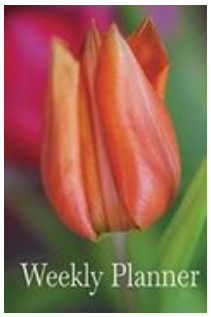

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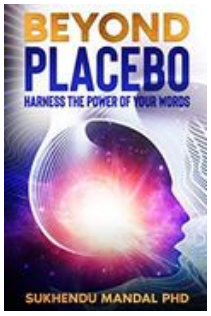

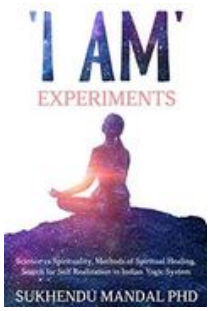

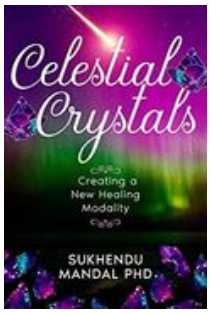

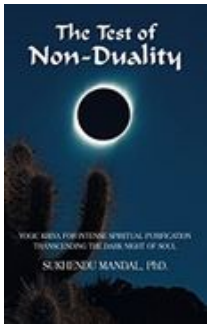

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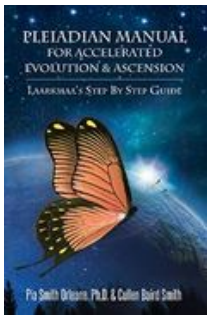

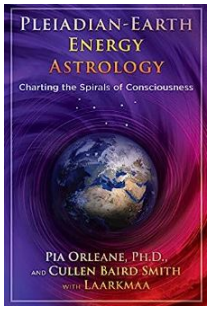
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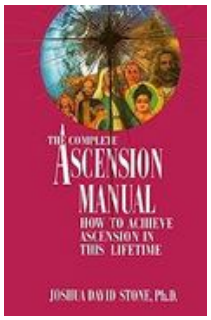
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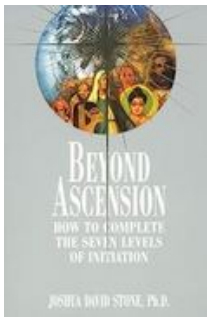
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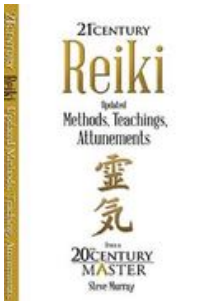
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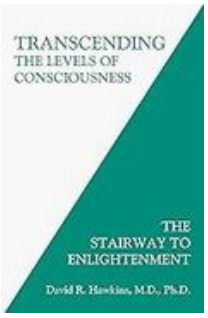
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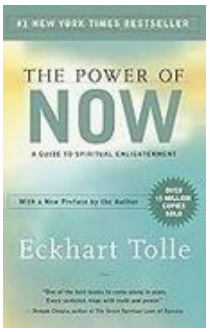
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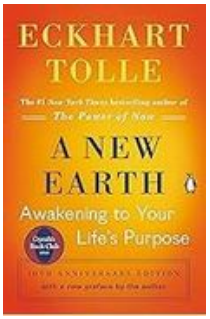
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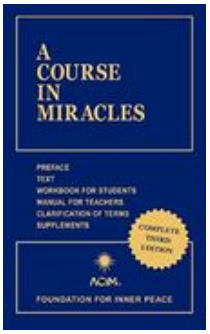
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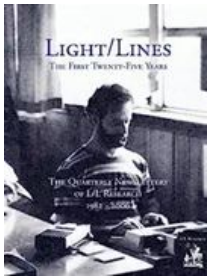
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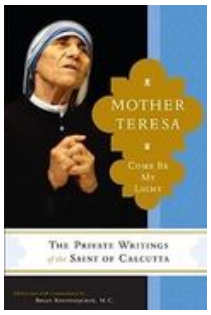
Embracing your higher purpose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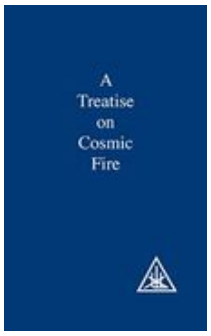
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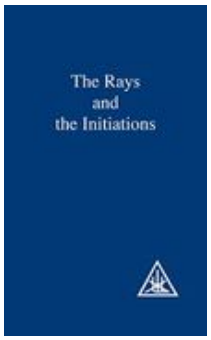
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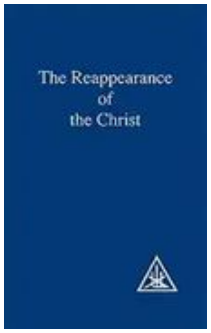
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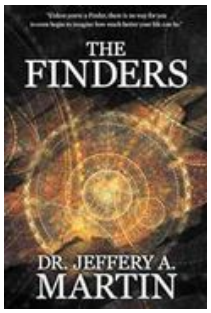
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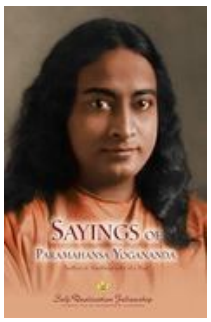
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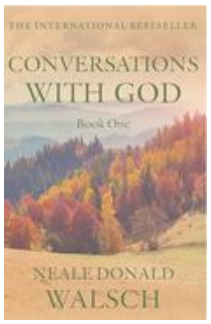
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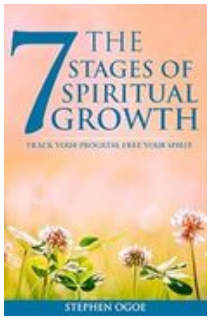
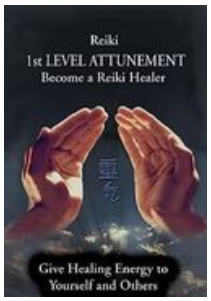
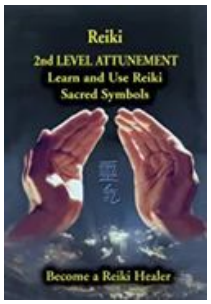
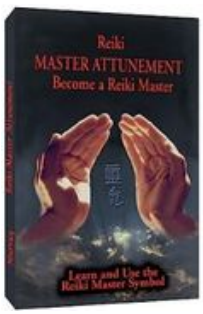
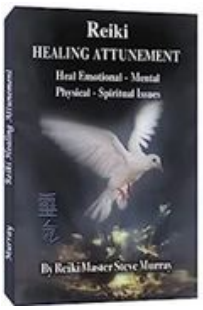


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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